

## ABSTRACT OF THE DISCLOSURE

The present invention is a clear coating on a weight for a dumbbell, a dumbbell having weights having a clear coating, and the process for coating a weight on a dumbbell with a clear coating. The invention includes the painting or other coloration of the weights before placing the clear coating on the dumbbell. Also, the invention includes the use of decals on the weight before the clear coating is placed on the dumbbell. In addition, the invention is a method of advertising on a weight plate.

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